

Core Cooking with Mandie Shockley

Pan Seared Chilean Sea Bass & Warm Tomatillo Salsa



INGREDIENTS

Serves 2

8-16 fresh Chilean Sea Bass

2 cloves garlic, minced

½ - 1 whole jalapeno pepper

½ white onion, chopped

4 sliced green onions

5-6 fresh tomatillos, peeled and diced

Fresh cilantro

½ lime

½ - 1 tsp olive oil

INSTRUCTIONS

Heat a small saucepan on medium heat. Add oil and cook garlic, jalapeno and tomatillos until tomatillos begin to soften (about 5 minutes.) Add white onion and green onion and turn heat to low.

Set a small sauté pan over medium-high heat. Sprinkle Sea Bass with pink Himalayan salt and black pepper. Add to pan and cook 3-4 minutes, flip and cook for another 3-4 minutes until fish is cooked through. Turn off tomatillo sauce and add juice of ½ a lime to sauce.

Serve Sea Bass immediately topped with warm tomatillo sauce.

Enjoy!